



**MOVEABLE
FEAST**

Feed People | Fortify Health | Foster Hope

2025

ANNUAL REPORT





427,731

meals served through
our home-delivered
meal program



2,465

clients received
healthy meals, medical
transportation, and/or
medical nutrition therapy



15

counties served
including Baltimore City,
the five surrounding
counties, and the entire
Eastern Shore

If you asked many community-based organizations to describe 2025, the resounding theme would most certainly be “challenging.” At a time when nonprofit organizations faced incredible stress, we are very proud to share that Moveable Feast closed out 2025 having served more than 427,000 medically tailored meals to nearly 2,500 clients in Maryland. Community support was essential as we navigated federal funding delays while demand for our services continued to grow.

At the start of 2025, our decades-long commitment to nutrition and health equity faced a significant challenge with both a reduction and then a delay in federal funding, which supports both home-delivered meals and medical transportation for our clients living with HIV. Thankfully, our community of supporters stood by our clients’ side. Moveable Feast immediately launched an emergency fundraising campaign and, within just five weeks, raised more than \$250,000, ensuring that all clients would retain full services. Even so, clients continued to express concern over their ability to feed themselves and their families, particularly with ongoing threats to federal food resources like SNAP and WIC. As evidenced by our waitlist, which reached more than 200 people in mid-2025, Marylanders depend on us to meet a critical need.

By Fall of 2025, new data commissioned by Moveable Feast and its Washington D.C. counterpart, Food & Friends, revealed what we’ve known all along: our program impact extends far beyond just the individual client. Together with data evaluation firm Sharp Insight, we worked to identify to what extent, if at all, hospitalization utilization costs and potentially avoidable utilization (PAU) visits changed overall, and by what client characteristics, before and after receiving Moveable Feast’s Medically Tailored Meal delivery services. What we found was a dramatic decrease in both cost of care and hospitalizations among our clients.

Without our services, too many Marylanders are forced to choose between seeing the doctor and serving dinner. Clients have described our service as a lifeline, and we know that by preparing and delivering food that fortifies health, we’re promoting meaningful change in Maryland.





Sue Elias
CEO, Moveable Feast

“Our clients have complex health and social needs, and navigating those systems to get help can be confusing and stressful. We have the expertise and proven results to support those most in need with a health intervention that works. As we continue to build on existing relationships with our healthcare partners, we are delivering more than food to Marylanders living with serious chronic illnesses. We are delivering hope.”

OUR VOLUNTEERS MAKE A DIFFERENCE

Total hours served in 2025:

15,290 hours

Total volunteers serving in 2025:

1,555 volunteers

Value of total hours served:

\$531,939

MEETING THE MOMENT

IN 2025, WE DELIVERED

395,177 frozen entrees

78,590 bags of produce

32,554 meals from healthy, shelf-stable items, which include grocery, boxed, staple, and holiday meals



WE PROVIDED

2,308 medical transportation rides
to **199** clients

WE RAISED

\$564,000 from Ride for the Feast and Dining Out for Life to support our work. Our signature events continue to raise funds and awareness in the community.



“I saw my doctor yesterday, and I got a really good grade at the consult. She said my kidneys are good, my sugar’s been good, and the wheels are back on this car!” — Moveable Feast client

2025 WAS TRULY AN UNPRECEDENTED YEAR IN FOOD PROVISION.



“Delays in federal funding necessitated a reduction in services to approximately 300 individuals over a six-week period. Thankfully, we were able to fundraise and restore services relatively quickly, and although rare, disruptions like that can be detrimental to our clients’ health and well-being.

The government shutdown and the resulting impact on SNAP put many of our clients in terrible situations. Our clients rely on SNAP to meet a substantial portion of their nutritional needs, so having that threatened, or even lost for a period, meant that many of our clients were reaching out with levels of fear and uncertainty that were truly unprecedented. It put into perspective how critical it is to preserve nutrition support programs and expand access to Medically Tailored Meals, especially for people who continue to find themselves in precarious situations. Feeding people while reducing the cost of their healthcare is more important now than ever.”

Sam Zisow-McClean

Director of Programs, Moveable Feast



RALPH'S STORY

“I have Stage 2 COPD, and walking long distances is difficult. When the [federal] funds were delayed, I lost my medical transportation services and was forced to take the bus to my doctor’s appointments. The bus stop is nine blocks away, and it causes me stress and worry that I won’t be able to make it, especially if the weather is bad or I’m not feeling well. It was a very frustrating time. I rely on Moveable Feast. If I don’t have access to their service, it makes my life much more difficult.”

— Moveable Feast client affected by the Ryan White Federal Funding Delay

MOVEABLE FEAST'S MEDICALLY TAILORED MEALS PROGRAM IS A HEALTH INTERVENTION THAT WORKS.

In the Fall of 2025, we released a new study that found an average 33% reduction in healthcare costs along with a 24% reduction in hospital visits among clients using our services. Moreover, we saw a 59% reduction in healthcare costs with a 38% reduction in hospital visits among the most high-cost patients. Our services are showing a 300% return on investment for our healthcare partners, further solidifying our impact on both cost of care and health of our clients.



“Although there is empirical evidence supporting the effectiveness of Food is Medicine programs, our work provided a statewide view of the impact of medically tailored meals on hospital utilization and costs. By pairing internal program data with state level health exchange data, our team was able to quantify the return on investment and cost savings that result from engaging with Moveable Feast’s programming. The resulting story is quite a compelling one: when people have access to food tailored to their medical needs, they go to the hospital for inpatient care far less often.”

Natasha Williams

Director of Research & Evaluation,
Sharp Insight, LLC



Average Among All Clients (n=2,214)

33% (\$10,640) Reduction in charges	21% (0.10 PAU) Reduction in PAU	24% (0.57 visits) ¹ Reduction in visits
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Average Among High-Cost Patients (n=491)

High-cost patients are those in the top 25% of hospital charges.	59% (\$55,379) Reduction in charges	35% (0.43 PAU) Reduction in PAU	38% (1.8 visits) Reduction in visits
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Average Among Those With Chronic Illnesses

Those with diabetes (n=1,046) (primary or comorbid):	24% (\$6,691) Reduction in charges	21% (0.11 PAU) Reduction in PAU	17% (0.38 visits) Reduction in visits
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Those with cardiovascular disease (n=1,055) (primary or comorbid):	24% (\$7,360) Reduction in charges	15% (0.08 PAU) Reduction in PAU	19% (0.44 visits) Reduction in visits
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Those with kidney disease (n=394) (primary or comorbid):	28% (\$11,588) Reduction in charges	— No significant Reduction in PAU	16% (0.42 visits) Reduction in visits
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One overnight stay in the hospital costs the same amount as 6 months of Moveable Feast meal deliveries.²

¹The topline findings presented are based on t-tests and do not include adjustment for any covariates. The sample included inpatient, emergency department, and observation visits. ²State-by-State Breakdown - Average Cost of Hospital Stays in the U.S. 2025 - North American Community Hub.

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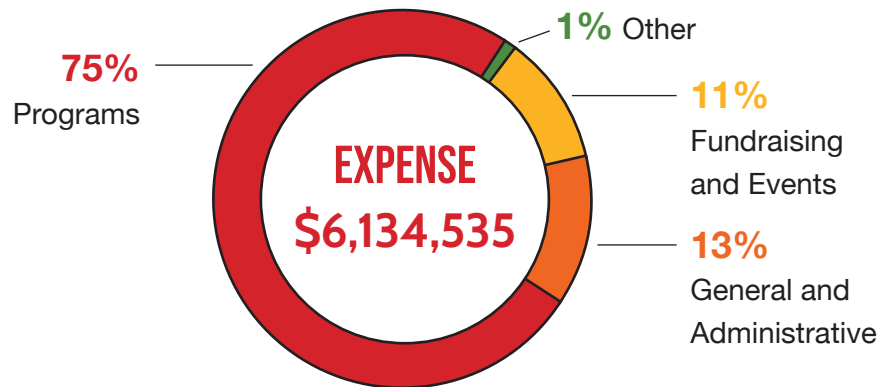
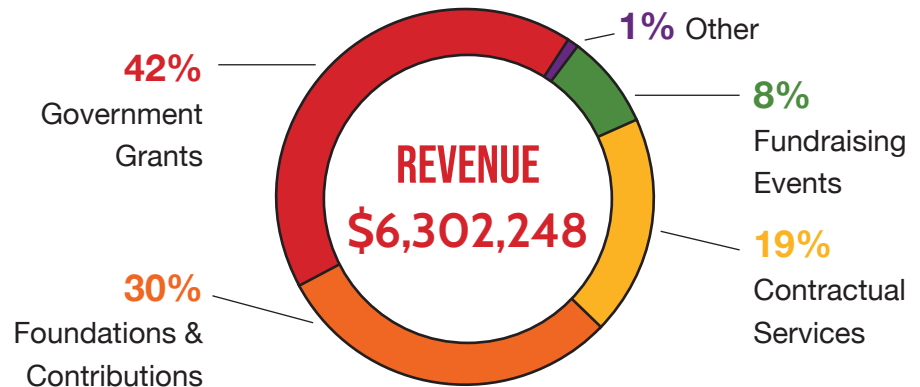
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We are very proud to share that despite challenging economic and societal circumstances that affected many community-based organizations, Moveable Feast closed out a very successful 2025, serving more than 427,000 medically tailored meals to nearly 2,500 clients in Maryland. With the support of our community, we met or exceeded many of our fundraising and contract goals, creating even further financial stability and strength for the organization.

The figures above represent unaudited financials.

For more financial information including our most recent audit and Form 990, visit www.mfeast.org/about/annual-report.



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901 N. Milton Avenue
Baltimore, MD 21205

410-327-3420

MFEAST.ORG

Moveable Feast is a 501 (c) (3) charitable organization, contributions to which are tax-deductible to the fullest extent allowed by law. A copy of our current financial statement is available upon request by contacting our accounting office. Documents and information submitted to the State of Maryland under the Maryland Charitable Solicitations Act are available from the office of the Secretary of State, State House, Annapolis, MD 21401 for the cost of copying and postage.



◀ Willie Johnson,
Kitchen Utility,
Moveable Feast